



28 WEEKS

Congratulations! You have made it 2/3 of the way through. This is just a little reminder of what you should be thinking about at this stage in your pregnancy.

FETAL MOVEMENT You should be feeling fetal movement regularly at this point. Please remember, what is "normal activity" for your baby may not be normal for your friend's baby. Your baby may be more active in the morning and less active in the evening. Or vice versa. If you notice that the baby's movements have changed or slowed down, stop a moment and do a fetal activity count. Drink a large glass of a cold liquid. Water, juice, or milk. Then, go to a quiet room in your house. Lie down on your side. Right or left. It doesn't matter. Place your hands over your pregnant tummy and count the number of times your baby moves in 30 minutes. Any fetal movement counts as one. If in 30 minutes it doesn't seem that the baby is moving his/her normal amount, please call us immediately. Do not wait until morning. Do not call your neighbor and ask her what she thinks. This may be a false alarm, but it is not something to "wait and see what happens."

LAB WORK By this time you should have already had your blood for prenatal labwork. It is important that we have a copy in your chart. Also, at approximately 35-36 weeks you have the option of doing a genital culture to test for Group B Strep. If you don't know about this test, ask us, and we will be happy to explain its significance to you. If you are Rh negative, and choose to do so, now is the time for your Rhogam injection, again, your option.

UTERINE CONTRACTIONS You will start feeling more contractions as each week passes. Most of these will be Braxton Hicks contractions. They are not regular and they should not increase in intensity. If you notice more than 6 contractions in an hour, get off your feet. Lie down on your side and have something to drink. If they do not go away or they increase in frequency or intensity call the office immediately.

VAGINAL DISCHARGE You may notice more of a vaginal discharge as your pregnancy progresses. It is normal as long as it does not itch, burn, or have an odor. Please remember, "everything that itches is not yeast." For this reason, please let us know if you are having a discharge that is bothersome to you.

RUPTURE OF MEMBRANES It is impossible to diagnose a broken bag of water over the phone. For this reason, anytime you have a gush of fluid, water from your vagina, or even just a trickle of fluid, we need to see you. It may be nothing more than the baby kicking your bladder. But we must be sure that it is not your bag of water. The amniotic fluid can be clear, yellow, or green in color. It can have white flecks in it. You may or may not get contractions right away if it is broken. Regardless, please call the office if you notice water from your vagina. Do not wait.

VAGINAL BLEEDING If you notice bright red vaginal bleeding in amounts comparable to your period, this is not normal. It can be painful or painless. Call the office immediately. Streaks of blood tinged mucous noticed on tissue paper after wiping is normal. A few drops of blood after intercourse is normal. If there is any question regarding this, call the office.

CHILDBIRTH CLASSES You should already be scheduled for your childbirth classes or refresher classes. . Do not wait until the last minute. Also, you might want to take a Maternity Tour at your backup hospital. You can also get pre-registration forms there.

SEX, BATHS, AND ROCK AND ROLL Unless you have been told by your physician or midwife to discontinue, there is no medical reason to stop making love. You'll need to be a little more creative because of your growing tummy. And you might notice a few contractions afterwards. This is normal. If you have any questions, don't be afraid to ask.

Soaking in a nice warm tub is OK too. It helps those "end of pregnancy" aches and pains. Since your balance may not be what it used to, be extra careful getting in and out of the tub. Ask for help.

Continue exercising. You will have to adjust your program as your pregnancy progresses. If you haven't been doing an exercise program, this is not the time to start a strenuous program. Walking 40 minutes each day is a great way to get aerobic exercise. Swimming is also very good. Let us know if you have any questions about what you can do.

KEGELS Continue with your kegel exercises. It is very important that you know how to relax and contract this muscle for the pushing phase of labor.